

Wellness news

bodyMINDSM

Your Monthly Guide to Good Health

On the Safe Side

KIDS AND SPORTS

For many children, being part of a team and participating in organized sports is a significant part of growing up. Taking part in athletics helps children to develop social and team-building skills and contributes to their sense of well-being. Additionally, regular exercise is likely to decrease a child's risk of becoming obese or developing diabetes as well as to establish healthy physical activity habits for life.

COMMON INJURIES

Although in most cases the benefits of participating in sports outweigh the risks, there is always the possibility of injury. The majority of sports injuries affects muscles, tendons, and ligaments and are caused by abnormal stress placed on joints, bones, muscles, or tendons. Broken bones account for only five percent of sports injuries.

TIPS FOR AVOIDING SPORTS-RELATED INJURY

The American Academy of Pediatrics stresses the following injury prevention tips to help parents promote a safe sports experience for children.

- ★ Wear the right gear. Players should wear appropriate and properly fit protective equipment such as pads, helmets, face guards, and eyewear.
- ★ Strengthen muscles. Conditioning exercises before games and during practice strengthens muscles used in play.
- ★ Increase flexibility. Stretching warm muscles before and after games or practice can increase flexibility.
- ★ Use the proper technique. This should be reinforced during the playing season.

- ★ Take breaks. Rest periods during practice and games can reduce injuries and prevent heat-related illness.

- ★ Play safe. Rules of the game should always be strictly enforced.

- ★ Stop the activity if there is pain.

- ★ Avoid heat injury. Drink plenty of fluid before, during and after exercise or play. Wear light clothing and decrease or stop practices or competitions during periods of high heat and humidity.

SPORTS MEDICINE

Sports injuries to bones, muscles, joints and ligaments are frequently different in children and adolescents than in adults. In some cases, a child may need the expertise of a pediatric sports medicine specialist who is equipped to diagnose and treat the unique medical needs of growing children. These specialists treat conditions including dislocations; tendonitis; exercise-induced asthma; concussions; and stress fractures.

REMEMBER TO KEEP A FIRST-AID KIT AND EMERGENCY PHONE NUMBERS HANDY AT ALL TIMES. FOR MORE INFORMATION ON SAFETY AND INJURY PREVENTION, CONSULT YOUR CHILD'S PEDIATRICIAN.



CARING FOR CHILDREN AND AGING PARENTS

Today, many adults find themselves caught between meeting the demands of parenting children and teenagers and tending to aging or sick parents. This group of adults is commonly referred to as "the sandwich generation." Currently in the United States, 44 percent of adults between 45 and 55 years of age have children under 21 and living parents. The AARP reports that 22 million Americans are caring for parents or older relatives. While caregiving for an aging parent and children can present multiple financial and personal challenges and frustrations, there are steps you can take to make the situation less stressful and more productive.

Finding Balance amid the Chaos

For most people, being a parent, performing well at work, and maintaining a household is a juggling act. Add to it caring for a sick or aging parent and it can become downright overwhelming. Many caregivers report difficulty in finding time for themselves, managing stress, and balancing work and family responsibilities. Consider the following suggestions for coping with a variety of demands from Mental Health America.

- Strive for organization. Make a list of things that need to be done, and set realistic priorities and goals. Have a back-up plan in place at all times.
- Maintain your health and well-being. Exercise regularly, eat a healthful diet, and get an adequate amount of sleep. Many people who are caring for others tend to overlook their own health.

- Make time to do something you enjoy. Relax with family and friends. Having fun, laughing, and focusing on things other than your own problems helps you keep your emotional balance and makes you a much better caregiver.
- Ask for help when you need it. Everyone experiences times when they cannot manage to do everything that needs to be done. Call on family members and friends to help with different tasks.
- Take advantage of community resources such as adult day services, meal or shopping services, and caregiver support groups to help lighten your load.
- If you feel depressed, angry or stressed, step away from the situation for a few minutes. Take a short walk or simply leave the room.
- Recognize that turning to alcohol or drugs is not an effective way to cope with stress and is likely to lead to additional stress and problems. Turn to a trusted friend, relative or health professional.
- Remember to thank your friends, family and co-workers for any help and support. Try to return their favors if and when you can.

For additional information on simultaneously caring for children and elderly parents, contact your physician or a mental health professional.



Lake Health Calendar of Events *July*

Get Healthy Lake County Lecture/Activity Series

Are you looking for information on how to eat better or become fit? If so, attend the Get Healthy Lake County lecture/activity series. It's designed to provide you with the health and lifestyle information you need to stay healthy. We meet monthly, except December. Call the Best of Health Line at 440-953-6000 or 1-800-454-9800 to register.

**Veterans Park, 5740 Hopkins Rd., Mentor –
July 8, 6 pm (Disc Golf)**

Free Blood Pressure Screenings

We offer free screenings to check your blood pressure between visits to your physician. Stop by our urgent care centers during regular hours (call for hours: Mentor - 255-6400; Willowick - 585-3322; Madison - 639-0726; and Chardon - 286-8908). Or come on the following dates:

**TriPoint Medical Center – July 3, 9 am - 12 noon
West Medical Center – July 17, 9 am - 12 noon**

Label Reading Tours

Discover the tricks to interpreting food labels at a FREE label-reading tour. Space is limited. Call the Best of Health Line at 440-953-6000 or 1-800-454-9800 to register.

**Giant Eagle, 1201 Mentor Ave., Painesville –
July 12, 6:30 pm**

Get Healthy Lake County – 10,000 Steps Program

Walk your way to a healthier lifestyle - become a member of Get Healthy Lake County's 10,000 Steps Program. The surgeon general recommends 30 minutes of aerobic activity three times a week; if you walk 10,000 steps in a day (roughly five miles) you will exceed this recommendation. Every step you take counts toward the goal, so start walking today! Membership includes a pedometer, a calendar of step opportunities, a list of step equivalents, and a step log. **Call the Best of Health Line at 440-953-6000 or 1-800-454-9800 for more information.**

The Wellness Institute now offers

Yoga! The practice of yoga can help improve your health with stretching to tone your muscles and can exercise your entire skeletal system. Some yoga workout programs are more challenging than others. Try a yoga program to find your preferred method. All programs are six weeks and are in the **TriPoint Medical Center Physician Pavilion, 7580 Auburn Rd., Suite 201, Concord Township**. **Call for class details.**



Lake Health offers a wide variety of programs for men, women, seniors and families. Please log onto www.lakehealth.org or call the Best of Health Line at 440-953-6000 or 1-800-454-9800 for more information.